

Abstract

The purpose of this study was to determine the effect of a 6-week training program on the physical fitness and performance of young women. The subjects were 18 female college students who participated in a supervised exercise program consisting of three sessions per week. The program included cardiovascular endurance, strength, and flexibility exercises. Physical fitness was assessed using a variety of tests, including a 1-mile run, a sit-and-reach test, and a handgrip strength test. Performance was measured using a series of tasks that simulated activities of daily living. Results showed that the subjects significantly improved their physical fitness and performance over the 6-week period.

1. The first step in the process is to identify the problem. This involves gathering information about the situation and understanding the needs of the stakeholders involved.

2. Once the problem is identified, the next step is to develop a plan. This involves setting goals, identifying resources, and determining the steps that need to be taken to address the problem.

3. The third step is to implement the plan. This involves putting the plan into action and monitoring progress to ensure that the goals are being met.

4. Finally, the fourth step is to evaluate the results. This involves assessing the effectiveness of the plan and making adjustments as needed to improve the outcome.

FEE TRANSMITTAL

Electronic Version 1.0.4

Stylesheet Version: 1.0

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Large Entity

TOTAL FEES AUTHORIZED: \$ 1358

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SUBMITTED BY

Authorized Name: Alan B. Sherr

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Date Signed: 20010717

BASIC FILING FEE

Fee Description	Fee Code	Fee Paid
Utility Filing Fee	101	\$ 710

Subtotal For Basic Filing Fee: \$ 710

EXTRA CLAIM FEES

	Fee Code	Fee	Extra Claims	Fee Paid
Total Claims: 36	103	\$ 18	16	\$ 288
Independent Claims: 7	102	\$ 80	4	\$ 320

Subtotal For Extra Claims Fees: \$ 608

ADDITIONAL FEES

Fee Description	Fee Code	Fee Paid
Recording Each Patent Assignment Per Property Fee	581	\$ 40

Subtotal For Additional Fees: \$ 40

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TRANSMITTAL FORM



Electronic Version 1.0.2

Stylesheet Version: 1.0

Attorney Docket Number: 3351.2

System, Method, and Computer Software Product for Specifying a Scanning Area of a Substrate

First Named Inventor: Mr. Shantanu V. Kaushikkar

SUBMITTED BY

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Registration Number:

42147

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Date Signed: 20010717

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Attached Files:

specification	3351.2.xml
declaration	3351.2 - Dec. 1.tif
declaration	3351.2 - Dec2.tif
patent-assignment	3351.2asgn.xml

fee-transmittal
bibd-transmittal

3351fee.xml
3351apds.xml

Attached Image File(s):

3351.2 - Dec. 1.tif

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Comments:

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**DECLARATION FOR UTILITY OR
DESIGN
PATENT APPLICATION
(37 CFR 1.63)**

☒ Declaration
Submitted
With Initial
Filing
OR
☐ Declaration
Submitted after Initial
Filing (surcharge
(37 CFR 1.16 (e))
required)

Attorney Docket Number	3351.2
First Named Inventor	Shantanu V. Kaushikkar
COMPLETE IF KNOWN	
Application Number	/
Filing Date	July 17, 2001
Group Art Unit	
Examiner Name	

As a below named inventor, I hereby declare that:

My residence, post office address, and citizenship are as stated below next to my name.

I believe I am the original first and sole inventor (if only one name is listed below) or an original, first and joint inventor (if plural name are listed below) of the subject matter which is claimed and for which a patent is sought on the invention entitled:

System, Method, and Computer Software Product for Specifying a Scanning Area of a Substrate

the specification of which (Title of the invention)

☒ is attached hereto

OR

☐ was filed on (MM/DD/YYYY) [] as United States Application Number or PCT International

Application Number [] and was amended on (MM/DD/YYYY) [] (if applicable)

I hereby state that I have reviewed and understand the contents of the above identified specification, including the claims as amended specifically referred to above.

I acknowledge the duty to disclose information which is material to patentability as defined in 37 CFR 1.56

I hereby claim foreign priority benefits under 35 U.S.C. 119(a)-(d) or 365(b) of any foreign application(s) for patent or inventor's certificate or 365(a) of any PCT international application which designated at least one country other than the United States of America, listed below and have also identified below, by checking the box, any foreign application for patent or inventor's certificate, or of any PCT international application having a filing date before that of the application on which priority is claimed.

Prior Foreign Application Number(s)	Country	Foreign Filing Date (MM/DD/YYYY) Country	Priority Not Claimed	Certified Copy Attached	
				YES	NO
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

☐ Additional foreign application numbers are listed on a supplemental priority data sheet PTO/SB/02B attached hereto:

I hereby claim the benefit under 35 U.S.C. 119(e) of any United States provisional application(s) listed below.

Application Number(s)	Filing Date (MM/DD/YYYY)	<input type="checkbox"/> Additional provisional application numbers are listed on a supplemental priority data sheet PTO/SB/02B attached hereto.
60/226,999 60/286,578	08/22/00 4/26/01	

[Page 1 of 2]

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DECLARATION — Utility or Design Patent Application

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U.S. Parent Application or PCT Parent Number	Parent Filing Date (MM/DD/YYYY)	Parent Patent Number (if applicable)

Additional U.S. or PCT International application numbers are listed on a supplemental priority data sheet PTO/SB/02R attached here.

As a named inventor, I hereby appoint the following registered practitioner(s) to prosecute this application and to transact all business:

Patent and Trademark Office connected therewith ☐ Customer Number 22886 ☒ Registered practitioner(s) name/registration number listed below

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Name	Registration Number	Name	Registration Number
Vam Norviel	32,483	Philip L. McGarrigle	31,396
Wei Zhou	44,419	Alan B. Sherr	42,147

☐ Additional registered practitioner(s) named on supplemental Registered Practitioner Information sheet PTO/SB/02C attached hereto.Direct all correspondence to: ☒ Customer Number or Bar Code Label 22886 OR ☒ Correspondence address

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I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made punishable by fine or imprisonment, or both, under 18 U.S.C. 1001 and that such willful false statements may jeopardize the validity of application or any patent issued thereon.

Name of Sole or First Inventor: ☐ A petition has been filed for this unsigned invent

Given Name (first and middle (if any))	Family Name or Surname
Shantanu V.	Kaushikkar

Inventor's Signature	S.V. Kaushikkar	Date	7/11
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☐ Additional inventors are being named on the supplemental Additional Inventor(s) sheet(s) PTO/SB/02A attached by

[Page 2 of 2]